

DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

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Spring Traditions: Serving Ham Safely

If you've been shopping for ham recently, you may have found yourself bewildered by the many choices available: fresh, cured, cooked, spiral-cut, smoked, bone-in, boneless and country. It's no wonder why some people have so many questions about cooking and storing ham! Here are some tips that will make it easier for you to prepare ham successfully - and safely.

Preparation

Always wash hands with soap and warm water for 15 seconds before beginning any food preparation, after handling food, changing diapers, touching pets, and using the bathroom. Use gloves to handle food if you have a cut or infection. Do not sneeze or cough into food.

Cooking and Reheating Ham

Hams are either ready-to-eat or not. Ready-to-eat hams include spiral-cut ham, boneless or bone-in hams (whole, halves or portions), and dried ham such as prosciutto. These can be eaten cold and right out of the package. If you want to reheat these cooked hams, set the oven no lower than 325°F and heat to an internal temperature of 140°F.

Hams that must be cooked before eating will have cooking instructions and safe handling instructions on the label. A food thermometer should always be used to ensure that a safe minimum internal temperature of 160 °F is reached.

For more information regarding ham cooking times, visit [Foodsafety.gov](http://www.foodsafety.gov) at <http://www.foodsafety.gov/keep/charts/hamcookingchart.html> to view their ham cooking chart. This chart helps you determine how many minutes of cooking are required, based on the weight and type of ham.

Storing Ham

Most leftover cooked ham is safe in the refrigerator for only about 5 days. To determine how long different types of ham can be stored safely in the refrigerator and freezer, visit [Foodsafety.gov](http://www.foodsafety.gov) at <http://www.foodsafety.gov/keep/charts/hamstoragechart.html> to view their ham storage chart.

For more information, contact the County of San Bernardino, Department of Public Health, Environmental Health Services, at 909-884-4056 or visit our website at www.sbcounty.gov/dehs.

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